

SESSION STRUCTURE

PART D: SOLUTIONS

Check In

Goals

- Build the relationship
- Prepare for the session by checking for crises (“clearing the fog”)
- Assess recent youth behavior

Activities

- Ask how the caregiver is doing
- Ask what has transpired since last contact
- Ask about progress of youth

Review

Goals

- Ensure assignment was completed
- Check for learning retention

Activities

- Review lessons from Part C of the workbook
- Review the most recent assignment where caregiver tracks frustration reduction technique that worked best (strengths, what worked in past, or brain science)

Intervention

Goals

- Learn how to change self talk

Activities

- Recognize self talk when frustrated
- Learn and practice alternative thoughts that reduce frustration

Assignment

Goals

- Apply new self talk techniques

Activity

- Give assignment to put alternative thinking into practice

DURATION

25 MINUTES

Check-in: 4 Minutes

Review: 5 Minutes

Intervention: 15 Minutes

Assignment: 1 Minute